

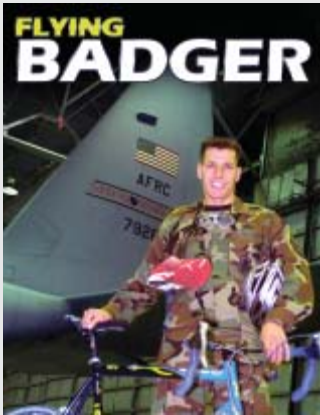
FLYING BADGER

440th Airlift Wing, General Mitchell ARS, Milwaukee, Wisconsin

January 2006 Volume 58, No. 1



Maintenance's own
Iron Man



Master Sgt. Rick Rischman swims, bikes and runs to Iron Man glory. See back page.

photo by Tech. Sgt. Pat Kuminecz

The Flying Badger

January 2006

Volume 58 Number 1

Contents of the Flying Badger are not necessarily the official view of, or endorsed by, the U.S. government, Department of Defense or Department of the Air Force. Content is compiled, originated and developed by the Public Affairs staff of the 440th Airlift Wing, Air Force Reserve Command.

Wing Commander
Col. Merle D. Hart

Director, Public Affairs
Dennis J. Mehring

Wing Chief, Public Affairs
Maj. Ann Peru Knabe

Public Affairs Staff
Capt. Keith Leistekow
Tech. Sgt. Steve Staedler
Staff Sgt. Denise Quasius
Senior Airman Deanne Perez
Airman 1st Class Amanda Hill
Airman Erica Neubauer
Ann F. Skarban
Liz A. Stoeckmann
Jo Ann Lindner

Flying Badger Editor
Tech. Sgt. Steve Staedler

Office of Public Affairs
440th Airlift Wing
300 East College Avenue
General Mitchell ARS, WI 53207

Phone: 414-482-5481
FAX: 414-482-5913
www.afrc.af.mil/440aw

PERSPECTIVE

Mission Possible

Air Force's new mission statement reflect's changing times

by Master Sgt. Mitch Gettle
Air Force Print News

The realities of the world have changed dramatically since the creation of the Air Force in 1947 and continue to change almost daily.

With these changes in mind, Air Force leaders released a new mission statement Dec. 7 that defines the current and future direction of the Air Force.

"Today, our world is fast paced, constantly shifting and filled with a wide range of challenges," Secretary of the Air Force Michael W. Wynne and Air Force Chief of Staff Gen. T. Michael Moseley wrote in a joint Letter to Airmen. "Our mission is our guiding compass, and now more than ever we need it to be clear and precise."

The mission statement defines the "where and what" the Air Force accomplishes on a daily basis:

The mission of the United States Air Force is to deliver sovereign options for the defense of the

United States of America and its global interests — to fly and fight in air, space, and cyberspace.

The statement includes two new concepts, "sovereign options" and "cyberspace," which the secretary and chief defined.

They said having sovereign options is the essence of being a superpower.

"Our task is to provide the president, the combatant commanders, and our nation with an array of options ... options that are not limited by the tyranny of distance, the urgency of time, or the strength of our enemy's defenses," they said. "With one hand the Air Force can deliver humanitarian assistance to the farthest reaches of the globe, while with the other hand we can destroy a target anywhere in the world."

The term cyberspace includes network security, data transmission and the sharing of information.

"We have quite a few of our Airmen dedicated to cyberspace ...

from security awareness, making sure the networks can't be penetrated, as well as figuring out countermeasures," Secretary Wynne said. "The Air Force is a natural leader in the cyber world and we thought it would be best to recognize that talent."

Adversaries of the United States will use any method or venue necessary to contest America, and it is an Airman's calling to dominate air, space and cyberspace, the leaders said.

"If we can decisively and consistently control these commons, then we will deter countless conflicts," they said. "If our enemies underestimate our resolve, then we will fly, fight, and destroy them."

Using past air power pioneers as examples of understanding the mission, they said, "The Air Force's mission statement has evolved over time, but it does not change the nature of who we are or what we do."

F-22 ready for action

The Air Force's most advanced weapon system is ready for combat, Air Force officials here announced last month.

In reaching initial operational capability, the F-22A Raptor has been certified ready for employment.

Declaring the transformational fighter IOC means the Raptor's proven capabilities are now available for use in combat around the globe and are supported by a properly trained and equipped force. It also means the aircraft is qualified to perform homeland defense missions when required.

In the words of Gen. Ronald E. Keys, Air Combat Command



commander, "If we go to war tomorrow, the Raptor will go with us."

"F-22A IOC means our warfighters now have an unprecedented lethal mix of air-to-air and air-to-ground capabilities at their disposal," General Keys said. "The

Raptor's cutting-edge technology brings us continued joint air dominance despite advancing enemy threats."

The first combat-ready Raptors are assigned to the 27th Fighter Squadron at Langley AFB, Va.



Hold'em or Fold'em?

photo by Tech. Sgt. Pat Kuminecz

Get ready to go all in - six-month open elimination card tournament aims to find best player on base

by Tech. Sgt. Steve Staedler

The culture of Milwaukee and southeastern Wisconsin is often dismissed with the phrase "beer, brats and bowling." While most of us have consumed an occasional fermented malt beverage, munched on a brat and rolled a few frames, I believe that "beer, brats and bowling" is a short-sighted, stereotypical, view point that shows the observer is abysmally ignorant about our fourth cultural touchstone - cards.

Pinochle, Whist, Uecker, Hearts, Spades, Sheephead (Sheephead outside Milwaukee), Gin, Bridge, Cribbage, 52 Pick-up and various games of chance are vital parts of family gatherings, deer camps, picnics and rainy or snowy afternoons. Terms like "skunked," and "schmeat" have meanings that have nothing to do with North American varmints and deli sandwiches.

The 440th Services Flight knows about these passionate play-

ers and they have developed a five round, five months long open elimination card tournament just for them. The top two finishers from each round will earn a seat at the base championship, which will be held during the June UTA. Play will begin Jan. 7 in the Drop Zone.

The tournament is free to club members. Non-members must pay a \$15 fee and will play on a space-available basis. Sign-in begins at 4 p.m. and non-members can start signing up at 4:30 p.m. Play begins at 5 p.m. Call Services at 482-5708 for all the tournament rules.

Ron Knutson, Services Flight chief said players who don't finish in the top two spots can sign up to play again in future qualifying rounds

in hopes of earning one of the top two places. Prizes will be given to the top two finishers of each qualifying round, plus the top finishers in the June 3 championship game.

A maximum of 40 players can take part in each qualifying round. Civilians and retirees are eligible to play. After Jan. 7, four other qualifying rounds will be played on March 4 and 18, April 8 and May 6. No qualifying round will be played in February due to a conflict with the Military Ball.

"We're hoping to draw a nice crowd," Knutson said. "The phone has been ringing a bit and people are inquiring about it, which is great. I'd love to max it out at 40 each month."

Open elimination card tournament

When: Saturday, Jan. 7, play begins at 5 p.m.

Where: Drop Zone

Upcoming events from 440th Services Flight

February

Valentine's Day lunch special, Fat Tuesday lunch special

March

St. Patrick's Day special at The Drop Zone

April

Fitness Fair

May

Cinco de Mayo

June

Texas barbeque, live entertainment

July

July 13th evening cookout

August

Family Day Picnic

September

Celebration for all those who have served in the GWOT



photo by Staff Sgt. Denise Quasius

A New Post to Command

After 10 years with the wing, Master Sgt. Jarrod Drevalas leaves to help get new command post up and running at Scott AFB

by Airman 1st Class Amanda Hill

Master Sgt. Jarrod A. Drevalas, the superintendent of the 440th Air-lift Wing command post, will soon be experiencing the sadness that comes when leaving an assignment, but the excitement of going to a new one. The 440th Air Reserve technician is leaving the 440th command post for a new opportunity at the 932nd Air Wing at Scott AFB in Illinois.

The 440th has been the home of his development, says Sgt. Drevalas. He started out as the lowest airman on the totem pole when he arrived at the 440th in 1996, and has worked his way up to his current rank of master sergeant. The

command post is like the nerve center for the base; it is the eyes and ears; the central hub, says Sergeant Drevalas. They are responsible for tracking the progress of the daily flying schedule. They make sure headquarters is aware of each mission's whereabouts. Information is sent to them, reviewed and then relayed to the appropriate people.

He plans on taking his leadership skills, job knowledge, and mastery of Air Force programs to the new command post at the 932nd. The current command post at Scott AFB is an active duty post where reservists are associated to the active duty unit.

That arrangement will change; active duty members will become

the associate to the Air Force Reserve unit once construction and operational mission capability is complete. He is looking forward to the changes and challenges associated with developing a new command post.

Sergeant Drevalas and eight other reservists, six of which will be full-time, will be working in the new command post. There is one reservist there now and she has a lot of work on her shoulders, he said. They will have the challenge of establishing and manning the new post.

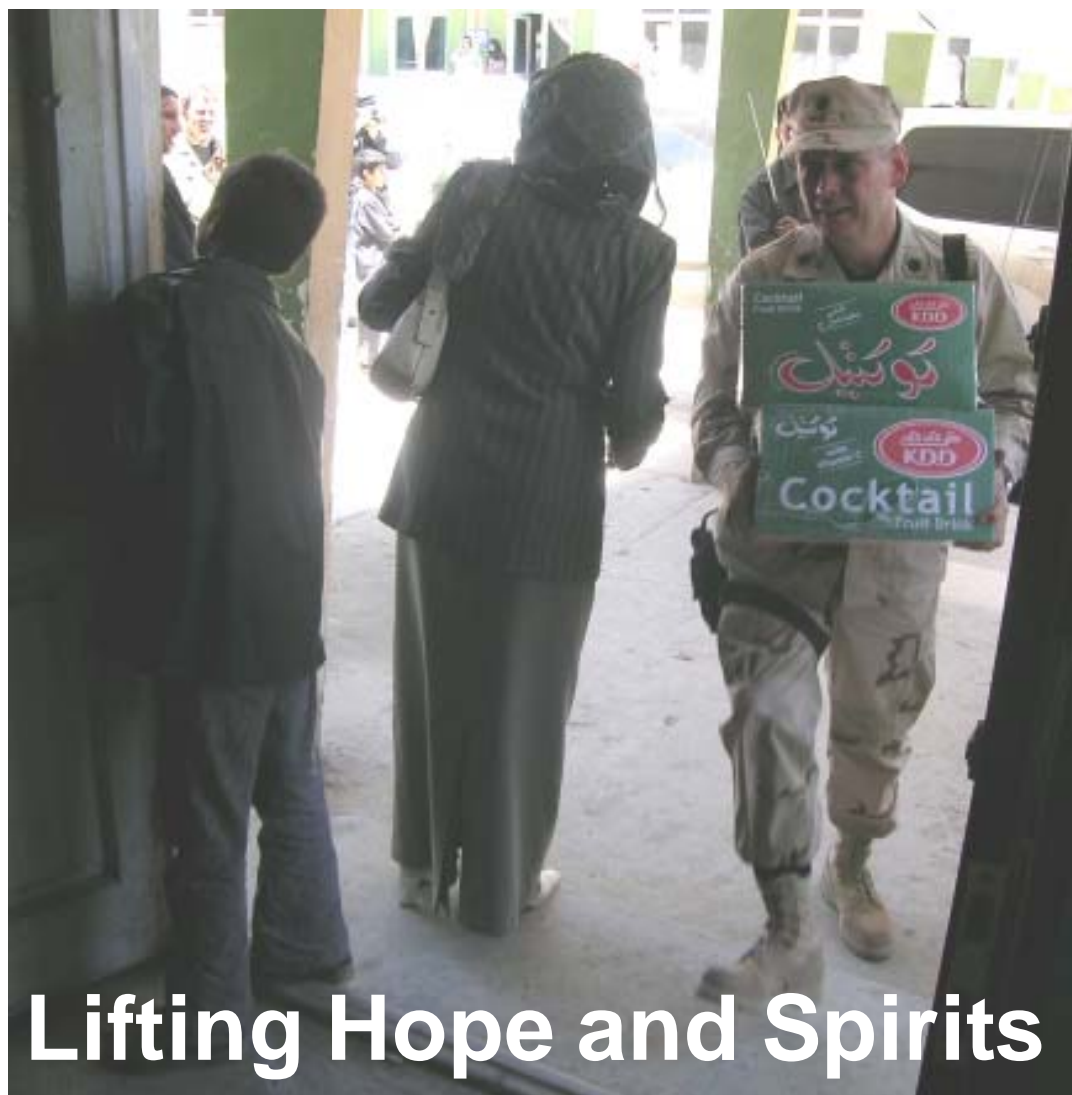
The construction of the new command post is scheduled to start soon. There is a two-year set-up plan and then the command post will be fully capable and operating. Ser-

geant Drevalas will be leaving in January.

It's going to be different going from a reserve base to an active duty base, but it will have many positives, he said. There is a fully established and working command post here, but there is only one cubical and a computer at the new post.

He will miss working with the people at the 440th and would ideally love to take them all with him. "It is exciting and overwhelming, but I hope the new staff believes in me," said Sergeant Drevalas. He explained that the 440th is a benchmark for many others, and he hopes to bring the new post to the same level and develop a great team.

Maj. James C. Murtha, the 440th Command Post chief, said, "It is sad to see him go. He has done a lot for the command post. He was the primary reason this unit won the 2003 Command Post of the Year award. I am sure he will take his skills and desire for excellence with him."



Lifting Hope and Spirits

An Air Force guy assigned to an Army unit, performing duties in a multinational effort – is this the face of the new Air Force?

by Maj. Ann Peru Knabe

Far from home - 6,154 miles to be exact - the 440th Airlift Wing inspector general found himself working logistical support to help sustain the full spectrum of military and civil operations through the combined joint operations area in Afghanistan. The mission included humanitarian civic assistance and support of civil affairs units.

Translated in laymen's terms, this means that Lt. Col. Harry Heflin worked directly with the local Afghans to improve their lives. During his 120-day tour, he developed a greater appreciation for the Afghan

people and their rich culture, and the U.S. military's role in a diverse, joint environment."

"In Afghanistan, the actual civil affairs mission comes under operational control of the CJ-9 staff working for the Combined Joint Task Force," the colonel explained. "Army Reserve units handle 90 percent of the military's civil affairs mission."

The civil affairs mission is to establish favorable relations between U.S. forces and the Afghan government and local people. Part of the tactics include civil military operations/humanitarian assistance, which include providing medical

supplies, school supplies, cooking oil and building supplies to villagers in the vicinity of current military operations.

Colonel Heflin's Joint Logistics Command (JLC) civil assistance used similar tactics to win the hearts and minds of the Afghan people, but the JLC mission is not tied directly to any specific military missions.

"Both missions are designed to have an immediate impact on the Afghan people and build goodwill," said Colonel Heflin. "In our role, we focused on distributing excess and expiring food rations to humanitarian relief agencies, who in turn distribute it to needy Afghans in the

local villages."

Colonel Heflin coordinated the shipment of 200 20-foot shipping containers of food rations, valued at more than \$6.5 million.

As the program manager for the Commanders Emergency Response Program (CERP), Colonel Heflin also helped establish conditions for economic growth. After Congress appropriated \$100 million to help "build" the Afghanistan infrastructure, the military looked for win-win situations. In his role, the colonel contracted with and paid Afghan people to build clinics, schools, roads, wells and irrigation.

"Even though we paid for these projects, the Afghan people built them, and as a result had great pride in ownership," said the 440th reservist.

Colonel Heflin also developed a plan to adopt a village near Bagram. The project included water and sanitation improvements, including building a new drinking well at an orphanage and two building projects to improve school buildings. Although Colonel Heflin has since returned to the United States, his projects are still underway, with completion expected in March of 2006.

"I felt like I was doing something that was making a difference in their lives," said Colonel Heflin, referring to the people of Afghanistan. "For me, it was about providing opportunities to the Afghans so they can turn hope into reality."

Colonel Heflin was struck how much the environment focused on joint service and multi-national efforts.

"As we all know, the military is going through a period of dramatic transformation," said the colonel. "As we continue to seek out and destroy terrorism, we are continually reminded of the need for more 'jointness' across the entire spectrum of the military and civil operations. No longer is an 'Air Force thing' or that an 'Army thing' and so on ... Now it's 'everyone's thing.'"

A WELCOME SIGHT: Lt. Col. Harry Heflin delivers fruit drinks to a girl's school in Afghanistan.

submitted photo

Air Force descriptions of a job well done are polite and inclusive. They refer to professionalism and a commitment to excellence that reflects great credit upon the person or unit, the Air Force Reserve Command, and the United States Air Force.

The 440th Aircraft Maintenance Squadron has been through a year that cannot be described in polite and inclusive language. Excuse me, but the 440th AMXS "kicks *** and takes names." Our wrench benders probably wore out dozens of boots and filled dozens of notebooks from Oct. 1, 2004 through Sept. 30, 2005.



Let's look at the record. The squadron completed the second year of a 24-month activation and supported Operations Iraqi Freedom, Enduring Freedom (Afghanistan), Joint Forge, (the Balkans) Coronet Oak (Central and South America) plus Joint Task Force (JTF)-Horn of Africa and JTF-Katrina. The squadron also supported three presidential visits, the U.S. Navy Blue Angels visit to Milwaukee and completed an inspector general exercise (IGX) in Georgia.

The squadron generated 2,886 sorties that flew 6,119 hours with an overall systems capability rate of 97 percent. The squadron sustained a 90 percent mission capable rate while deployed in the Central Command area of responsibility. Using aggressive maintenance and supply discipline, AMXS specialists were able to reduce operational expenses while enhancing mission effectiveness. They saved more than \$3 million dollars in Fiscal Year (FY) 2005. The 440th's flying hour rate of \$2,348 beat the command standard of \$2,787. During a year of extremely high operational tempo, the number of aircraft unavailable due to supply problems dropped 33 percent in FY05. The cannibalization rate (taking parts from one plane to fix another) fell 23 percent in FY05. The squadron deployed to the Persian Gulf area with propeller lip seal presses that enabled mechanics to rapidly repair leaking propellers on station. During the IGX, the Air Mobility Command inspector general lauded the quality and refinement of the pre-deployment screening checklist. The AMXS checklist made it possible to process 415 deploying people to many locations with no manning shortfalls.

The unit is commanded by Maj. Marvin Schaitel and is authorized 79 total members.

by Dennis Mehring



AIRCRAFT MAINTENANCE

photo illustration by Capt. Keith Leistikow

DIVERSITY

mydiversity | Master Sgt. Brady Kiel, educator and wing historian



As a middle school teacher my administration expects me to celebrate diversity. But what does that mean? Is it a special series of posters? Is it a worksheet downloaded from the Internet or special recipes at the cultural fair?

I can assure you, teenagers possess a sixth sense that sees right through that sort of approach.

I returned to Webster's Dictionary which defines diversity as "the quality of being made up of distinct characteristics, qualities or elements." My students, by their mere attendance demonstrate diversity every day. Twenty-five percent of them are classified as learning disabled; 10 percent are gifted; 20 percent receive speech and language services. They play sports and help in the school play. They are the children of doctors, judges, cashiers or the unemployed. But they have one all-important thread in common. They are Americans.

After the year is finished and we've nailed the objectives and mailed the report cards, if I have made at least a few of them contemplate their unique gift as Americans, I will have succeeded. Success comes in building our own conscious worldview and then trying our imperfect best to honor it. So I celebrate the commonality of our diverse young Americans. For it is their respect, responsibility and shared sense of country that we're absolutely dependent on for our future.



EDUCATION

Those who comprise the 440th Airlift Wing are well educated. That conclusion comes from a comparison of wing statistics with figures from the 2000 U.S. census. Census statistics showed that 80.4 percent of citizens age 25 and older graduated from high school. All but a very small percentage of the wing's 1,350 members are high school graduates or GED certified. Census figures reflected that 24.4 percent of the population age 25 and older have a bachelor's degree or higher. Virtually the same percentage of wing members are college graduates and six percent have an advanced degree: master's, doctorate, medical, law. Two enlisted members have a doctorate; two officers have a second or third professional degree. Thus, wing members exhibit a broad range of educational backgrounds: from recent high school to not so recent medical school grads.

Diversity ... isn't it great?!

HRDC meeting Jan. 8

The 440th Human Resources Development Council will meet at 10 a.m., Sunday, Jan. 8, in Heritage Hall, building 102. The recruitment, retention and diversity sub-committees will report. All wing members are invited to attend.

Ways to support troops overseas

A number of online agencies have been set up to help people to show their support of military members serving overseas:

TreatAnySoldier.com offers tips on what soldiers need and arranges care packages from \$17 to \$50.

YellowRibbonAmerica.com is a group that helps local chapters in communities. Activities include assisting with funeral expenses, babysitting services, car repairs etc.

AdoptaPlatoon.org provides mail support, promotes patriotism in schools and communities.

OperationMilitaryPride.org is a volunteer organization that distributes troop information to those who want to send e-mail and care packages. Group targets teens and community clubs.

Stripes.com is an online version of Stars and Stripes newspaper. Family and friends can post messages to loved ones serving overseas.

Paperback.org ships books to bases, U.S. Navy ships at sea, military hospitals and USO clubs.

OperationUSOCarePackage.org prepares care packages for deployed service members.

AmericaSupportsYou.mil spotlights what Americans are doing to support deployed service members.

Mandatory meeting for wing E5s and E6s

All wing E5s and E6s will meet at 1 p.m., Feb. 5, in Heritage Hall, building 102.

Lots of angels last month

Tech. Sgt. Melissa Binns from the Family Support Office announced that 89 Angel Tree gifts were distributed to families in need last month.

95th's newest navigator

Second Lieutenant Daniel Lambrecht is the 95th Airlift Squadron's most recent graduate from the 10 months long Combat Systems Officer School (formerly called navigator school) at Randolph AFB, Texas.

Lieutenant Lambrecht graduated on Oct. 27 and was the only reservist or Guardsman in his class. He was recognized for graduating in the top third of the class. Lieutenant Lambrecht was an Air Reserve technician engine maintenance specialist here at General Mitchell ARS and will now serve as a traditional reservist C-130H navigator.

Thunderbirds are coming to town

The U.S. Air Force air demonstration team, the Thunderbirds, will be performing over Milwaukee's downtown lakefront July 15-16, 2006, as part of the TCF Bank Air Expo. Current plans call for the Thunderbirds to use the 440th Air Reserve Station as the team's base of operations.

MDS needs new 1st Sgt.

The 440th Medical Squadron is looking for a new first sergeant. A first sergeant selection board will meet during the March 4-5 UTA. The deadline for submitting application packages to Master Sgt. Terry Harmon is noon, Friday, Feb. 24. For more information call Sergeant Harmon at (414) 482-5338 or Command Chief Master Sgt. Carmon Francher at (414) 482-5402.

Helmets to Hardhats

Helmets to Hardhats, a non-profit group that helps people leaving the military to move into the building and construction industry will be on base from 11 a.m. to 3:30 p.m. Jan. 7, in Heritage Hall, building 102. Call (866) 741-6210 for more information.

ROA meeting Jan. 8

The local chapter of the Reserve Officers Association will start a luncheon meeting, 11 a.m. Jan. 8, in the Drop Zone. All wing officers are encouraged to attend.



Checking the Ps and Qs

Master Sgt. Mark Groshek, 386th Expeditionary Logistics Readiness Squadron, reviews paperwork with C-130 loadmaster Tech. Sgt. Terry Williamson (right), 737th Expeditionary Airlift Squadron, prior to departure with 44 passengers and 5,500 pounds of baggage heading to Iraq. Sergeant Groshek is one of 79 members of the 34th Aerial Port Squadron now serving in Iraq, Afghanistan and other locations around the globe.

photo by Staff Sgt. Scott Campbell

Higher SATO fees for changes to itineraries

SATO is now charging an additional fee when a government traveler changes their itinerary. This fee is reimbursable if the change in itinerary is in the best interest of the government and not for the member's convenience. If a member claims multiple fees in block 18 of the travel claim form DD1351-2, the supervisor that reviews the claim must ensure that the fee is legitimate and in the best interest of the government.

Wing Finance officials provided some examples of how a claim should be reviewed. Did the employee change the itinerary for convenience or in the best interest of the government? If the employee was released from duty at their TDY

site at noon instead of 2:30 p.m. to get an earlier flight, and then reported to work the change in the itinerary was in the best interest of the government.

If the employee went home and caught up on yard work it is not in the interest of the government. Did the employee save overtime or compensatory time in travel status by traveling earlier?

The e-ticket receipt or invoice should be attached to all travel claims as well as all timecards. Supervisors must review all travel claims as well as all timecards before payment is made. Documentation must prove that the change was in the best interest of the government.

NEWS 'N NOTES



Now don't move!

Senior Airman Ryan Marin, a reservist with the 440th Civil Engineering Squadron, anxiously looks on as he prepares to give blood on Saturday of the December UTA in Heritage Hall. Since December 1998, wing blood drives have registered more than 1,500 donors.

photo by Tech. Sgt. Pat Kuminecz

Welcome The 440th Airlift Wing welcomes these new reservists to the wing:

TSGT JUDE T. JOHNSON	440 MDS
SSGT DWYANE M. CARTER JR.	440 ALCF
SRA KISCHEL R. HARRIS	440 MDS
SRA MARK R. LUEDTKE	440 CES
SRA ERICA R. NEUBAUER	440 AW
SRA KEVIN D. QUALE	440 CES
SRA TAGUMPAY ROBLES	440 MXS
SRA DEVANTE-DARNELL SAGO	440 MDS
SRA PAUL J. SCHLUMBRECHT JR.	440 AW
SRA JEREMY L. UTPHALL	440 LRS
SRA NICK A. WAUTERS	440 MOF
SRA MICHAEL F. WOLLERSHEIM	440 CES
A1C CHRISTOPHER C. BREITBARTH	440 LRS
A1C WENDY Y. BROWN	440 MDS
A1C DAVID L. DENO	440 CES
A1C BRANDON A. DOWL	34 APS
A1C CELIA E. SMITH	440 SFS
AMN AMANDA M. HILL	440 AW
AMN MICHAEL L. LEINEN	34 APS

So Long The 440th Airlift Wing says good bye to the following reservists who have either retired, separated or taken another assignment:

MAJ DAVID BELFIORE	95 AS
MAJ AMY DUNCAN	440 AW
CAPT JASON GOLENBERKE	95 AS
CAPT ALEX OBORDO	440 MDS
1ST ROBERTA FRANTAL	95 AS
SSGT HUGO ARMENDARIZ	440 SFS
SSGT DWAYNE BEETS	440 SFS
SSGT AMIN SAHTOUT	440 LRS
SRA HEATHER MUEDINI	440 MDS



Standing tall - Tech. Sgt. Bonnie Best (left) and Senior Airman Jessica Palm are two of the 79 members of the 34th Aerial Port Squadron now serving in Iraq, Afghanistan and other locations around the globe.

Weather closing information

Severe winter weather may force the closure of the air station, delay reporting times or cause an early release from work. The 440th Airlift Wing will release this information to Chicago and Milwaukee area radio and TV stations as well as the wing web site at www.afrc.af.mil/440aw/.

Reservists who live in south-eastern Wisconsin will find weather related announcements on these Milwaukee area radio and TV outlets: WTMJ-AM (620), WOKY (920), WISN (1130), WKTI-FM (94.5), WRIT-FM (95.7), WQBW-FM

(97.3), WKKV-FM (100.7), WMIL-FM (106.1), WTMJ-TV (Channel 4), and WISN-TV (Channel 12). Severe weather closings and delays are also posted on www.themilwaukeechannel.com.

The Air Reserve station's status will also be announced in Illinois on WGN-AM (720) and WBBM-AM (780). Chicago TV stations will carry the same information. Check CBS Channel 2, NBC Channel 5, ABC Channel 7, WGN Channel 9, WFLD Channel 32, and CLTV-Cable. The Illinois web site that carries the information is www.emergencyclosings.com.



Here's to the Night...

Colonel Merle D. Hart, Commander of the 440th Airlift Wing
cordially invites you to attend the

440th Airlift Wing Military Ball

A Tribute to the Men and Women of the 440th

February 4, 2006

Italian Conference Center
631 East Chicago Avenue
Milwaukee WI
Cocktail hour begins at 5:30 p.m.

E1-E6=\$25.00 per person
SNCO-Captain & Civilians=\$35.00 per person
Major & Above=\$45.00 per person

Military

Service Dress, Semi-Formal or
Mess Dress

Civilians

Suit/Tie
Cocktail/Evening Dress

Detach and return this to: 440 AW/PA, 300 East College Avenue, Milwaukee, WI 53207-6299

Request must be received by the 440th Airlift Wing Office of Public Affairs before January 25, 2006.

Name/Rank/Unit: _____

Guest(s) Name: _____

E1-E6

Total No. of tickets ____ x \$25.00=\$____

E7-Captain & Civilians

Total No. of tickets ____ x \$35.00=\$____

Major & Above

Total No. of tickets ____ x \$45.00=\$____

Please select Menu Choices:

Chicken Kiev _____ Stroganoff of Beef Tenderloin _____

Vegetarian _____



Please enclose a check payable to: 440th Military Ball
If you wish to be seated with a certain group, please indicate on reverse side.

Iron Man passes grueling test

by Staff Sgt. Denise Quasius

His day started at 4:30 a.m. After a small breakfast of oatmeal, a banana and bagel, he put his swim gear on over the top of his race wear. He walked to the start line, weighed in, checked his water bottles and food, pumped up his bicycle tires, and then spent a few moments relaxing his mind and focusing on his race plan. At 6:45 a.m. he entered the water and swam 100 yards to tread water with about 1,800 other competitors, who were waiting for the loud “bang” that would mark the start of the world’s ultimate endurance challenge, the 2005 Ironman Triathlon World Championship in Kailua-Kona, Hawaii.

Master Sgt. Rick Rischman, a communication navigation technician with the 440th Maintenance Squadron competed in the 2.4-mile ocean swim, 112-mile bike race and 26.2-mile run and finished with an overall time of 10 hours 8 minutes and 27 seconds. The 42-year-old’s competitors ranged from 18-80, from 50 countries and all 50 states.

Sergeant Rischman began training for the event in February of this year. The average Ironman triathlete spends 18 to 24 hours each week training for the event. Sergeant Rischman began with long distance running, biking and swimming. He began his hard core training at the end of July, spending 25-30 hours a week during peak weeks building his strength and speed.

“Some monitor progression by the distance that they bike or the time that they run, I monitor my heart rate to determine my training threshold,” said Sgt. Rischman. “During the race I constantly check my vital signs. Sometimes I would feel dizzy and back off. Training helped me to recognize what tolerances my body could and could not take.”

Each phase of the race offered significant challenges to Sgt. Rischman. As the swim portion of the race began Sgt. Rischman was surrounded by a churning sea of legs and arms as each competitor

struggled to find a clear swim lane.

“It was like being in a washing machine,” said Sgt. Rischman. “Every stroke brought me into contact with a head, an arm, or a foot; eventually I found a clearing and worked into a rhythm.”

Once out of the water, Sgt. Rischman quickly made his way to the transition tent to rinse off the salt water and gather his bike.

“It was a challenge to move from the swim to the bike,” recounted Sgt. Rischman. “All of the blood was in my arms from the swim, it took some time for my body to change gears.”

Finally

Sgt. Rischman was able to get off his bike and slip on his running shoes for the last segment of the race. With average temperatures ranging from 82 to 95 degrees Fahrenheit, and hovering around 90 percent humidity, Sgt. Rischman was sure to drink plenty of water. At one point the course runs through an area known as the Energy Lab. This is an uphill climb surrounded by lava rock, it is

considered the hottest portion of the run.

As the mile markers slipped by and the finish line grew closer, Sgt.

Rischman could hear the cheers of more than 25,000 spectators lined up along Alii Drive welcoming all the competitors to the end of their journey. Sgt. Rischman’s aunt from Texas was among the crowd.

“It was such a fast race,”

said Sgt. Rischman. “I am so glad that I had the opportunity to compete.”

Sgt. Rischman placed 435th overall, 54th in his age group, and managed to out perform all members of the Air Force Triathlon team. He has withdrawn from the triathlon circuit for now but doesn’t give up on the thought that he may once again compete in the future.

“During the race I constantly check my vital signs. Sometimes I would feel dizzy and back off. Training helped me to recognize what tolerances my body could and could not take.”

Master Sgt. Rick Rischman

440th Airlift Wing
Office of Public Affairs
300 East College Avenue
Gen. Mitchell Air Reserve Station, WI 53207

PRESORTED
FIRST-CLASS MAIL
U.S. POSTAGE PAID
MILWAUKEE, WI
PERMIT NO. 1885

To the family of: